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Your essential daily news | TUESDAY, JANUARY 19, 2016

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TIM QUERENGESSER/METRO

'A shameful feature of Canadian society'

COURT SYSTEM Indigenous advocates want representative juries

Tim Querengesser
Metro | Edmonton

A renowned indigenous legal advocate hopes a court's dismissal of a challenge over representative juries in Alberta doesn't kill what she calls a "critically important" conversation.

In a decision made on Jan. 7 — and released this week — Court of the Queen's Bench of Alberta Justice B.R. Burrows dismissed an application by Jeremy Newborn, an indigenous man facing trial in April on second-degree murder charges.

Burrows' decision is a tough one to take for Muriel Stanley Venne, chair of the Aboriginal Commission on Human Rights and Justice, which intervenes in cases of discrimination in the justice system.

"It seems that part of the democratic process has been left out," she said of juries that try indigenous people in Alberta.

When it comes to indigenous people on them, "there isn't any," Stanley Venne said. "Who sits on the juries should be reviewed," she added.

Newborn was charged in connection with a 2012 beating death on the LRT.

Beginning in 2014, his lawyers challenged the court about the composition and fairness of the jury that's been assembled to try him.

The lawyers argued the Alberta Jury Act, which lim-

its jury eligibility to people without criminal records or who aren't facing criminal charges, has "deliberately excluded indigenous persons from eligibility for jury duty," noting indigenous people are vastly over-represented in Canada's criminal justice system.

But in his Jan. 7 decision, Burrows dismissed Newborn's lawyer's arguments, noting a representative jury is measured on the fairness of the process used to create it and not its demographic makeup.

He said excluding people with criminal convictions is "reasonable and acceptable."

He did, however, note the resulting exclusion of indigenous people from juries

"points to a shameful feature of modern Canadian society."

Jury representation is at the heart of a case Stanley Venne and the commission are working to be allowed to intervene in later this month.

Last April, the Crown appealed the acquittal of Bradley Barton for murder in the death of Cindy Gladue, an indigenous woman who worked in Edmonton's sex industry.

Part of the reason the commission wants to intervene is the jury in the case, which was made up of 10 men and two women, was not representative, Stanley Venne said.

"The jury is critically important."

Newborn's criminal trial is set to proceed in April.



It seems that part of the democratic process has been left out.

Muriel Stanley Venne

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CATHOLIC SCHOOLS

Despite letter, board still works: Bergstra



Sanam Islam
Metro | Edmonton

The chair of the Edmonton Catholic School Board expressed regret Monday for a controversial letter on transgender policy sent to parents Friday, but said the board is still functional.

"I would like to personally apologize if this information caused harm or hurt to anyone," Marilyn Bergstra said.

Last week, the board decided to send out new transgender policy guidelines issued by the province in Bergstra's absence — along with a letter from Calgary Bishop Frederick Henry.

"I was unable to provide input into this decision. If I had been given the opportunity, I would have advised against the move for a variety of reasons," Bergstra said.

Henry, in that open letter, labelled the government's new transgender policy guidelines as "totalitarian" and contrary to church teachings. "In (God's) plan, men and women should respect and accept their sexual identity," wrote Henry.

The recent incident is one of several in which Catholic school board trustees have been at odds with each other.

Education Minister David Eggen said Monday the board's trustees need to "sort themselves out."

"We're trying to have policy across the province

line up with the letter of the law, and so that's the responsibility of the trustees and the boards," Eggen said.

Bergstra is adamant the board is still functional. "Because we disagreed, now people think we can't work together. That's a misconception. Just like the public, we don't always agree and see issues in the same way."

WITH FILES FROM THE CANADIAN PRESS

We're trying to have policy across the province line up with the letter of the law, and so that's the responsibility of the trustees and the boards. Education Minister David Eggen



METRO FILE



Downward ... cat? The Edmonton Humane Society is now encouraging you to practice yoga among adoptable cats. CONTRIBUTED

Kitty karma unfurls in latest yoga trend

INNOVATION

Purr-fect way to enjoy Hatha routine — or adopt new pet



Alex Boyd
Metro | Edmonton

People in Edmonton can now work on their downward dog

and take a cat home when they're done.

Cats on your Mats is a new class at the Edmonton Humane Society that features about eight to 10 adoptable felines padding around the room while participants are guided through a beginner Hatha yoga routine.

Teacher Charlene Bergenstrom says the cats have taken well to yoga since the class started earlier this month.

"It's really neat to watch them interact with the people

and to watch their personalities," Bergenstrom says.

She adds that if you're looking to adopt, it's a great way to get to know your prospective pet.

"Some cats that are a little bit shy will just stay in the corner the whole time, but others — 'Kardashian kitties,' is what I call them — just love to sit on your mat and pose for pictures after the class is done."

Karen Meurer, a spokesperson for the Humane Society,

+ SIGN UP MEOW

Held every Saturday morning, the class is \$20 to drop in, and participants need to register online in advance.

says the class was designed with both human and feline in mind: There's the obvious benefit to an exercise class for participants, but the extra time to socialize is also good for the cats.



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'At least I can help with this'

NEWCOMERS

Instructor offering free driving classes to refugees



Sanam Islam
Metro | Edmonton

A local driving school owner has recently started offering free driver education classes to Syrian newcomers.

About 25 Syrian refugees attended the first class on Sunday, which was held at the Al Rashid Mosque. Students were given instruction in Arabic, as well as Arabic handbooks.

"Since the time (Prime Minister Justin) Trudeau said he would bring over refugees, I was thinking about helping in the best way I can," said Maamoun Hawa, owner and educator at Go Amigo driving school.

"I feel strongly about these innocent people ... I don't have much money to support them, but at least I can help with this."

For Hawa, the cause is also



Maamoun Hawa, owner of Go Amigo driving school, said offering free driver education is his way of helping Syrian refugees. SANAM ISLAM/METRO

personal: He grew up in Lebanon near a Syrian border town, and said he moved to Canada in the 1990s to escape the Syrian regime, which was taking control of Lebanon.

"They treated us like slaves. One time when I didn't agree to their request at a

“
... I was thinking about helping in the best way I can.”

Maamoun Hawa

checkpoint, I was almost tortured. It's much worse today for Syrians, and I can't imagine what they must have gone through," he said.

To offer the lessons, Hawa partnered with the Edmonton Islamic Relief Centre, which officials there say has been receiving a lot of requests for

driver's education classes.

"It's an obstacle for them. Transportation is not easy here, especially with harsh weather conditions. Driving lessons provide a solution for them to be more independent rather than waiting for someone to transport them," said Khalid Darwish, a member of the Islamic Relief Centre committee.

While many refugees can't afford a vehicle right away, the idea is to prepare them for when they can, Darwish said. "It's setting them up to have a better life."

Darwish said some migrants already have a driving license and have to switch to a Canadian license, while other younger newcomers are starting from scratch.

"It's quite challenging for them, as a lot of things are new to them. It's not easy for them to visualize certain road signs or other theoretical material without actually getting on to the roads," he said.

For now, Hawa's aim is to help newcomers pass the learner's knowledge test, which can be taken in Arabic.

In the future, he said, there may be a possibility that the school would offer driving lessons.

POLICE

Officer who lost rifle won't face charges

A Calgary police constable won't face any charges after a patrol rifle was stolen from his car.

The officer, who was off-duty, parked his personal vehicle in the parking lot of a Calgary restaurant on April 4, 2015.

The police-issue patrol rifle was in the vehicle, along with two magazines of 28 rounds each, all in a locked hard-covered carrying case. When he returned to his vehicle, he found it had been broken into and the patrol rifle case and contents were gone.

Calgary police's professional standards section investigated, and the Alberta Serious Incident Response Team reviewed the investigation.

Edmonton Crown prosecutor's office has recommended no charges be laid against the officer.

An internal investigation will continue under the Police Act which will look at the officer's judgement, service policies, and other factors related to this event.

THE CANADIAN PRESS

RIDE-SHARING

Poll split on minimum Uber fare



Ryan Tumilty
Metro | Edmonton

Uber has support in Edmonton but residents are split on whether there should be a minimum fare for the service, according to a poll the company commissioned.

The poll, from Nanos Research, found that 79 per cent of Edmontonians support ride-sharing.

Uber's general manager said

he's encouraged, especially given only 15 per cent of people have actually used the service.

"Even though we have had a pretty great year for growth for Uber there is still a lot of room to grow," said Ramit Kar.

Kar said Uber hopes councillors will consider the information as the city's bylaw for ride-sharing is set for debate next week.

"We thought that this was valuable knowledge for city councillors," he said.

After giving the proposed bylaw first reading in November,

city councillors delayed passage and asked for more information on several things including a possible minimum fare.

The poll showed 45 per cent of people opposed that idea, while 43 per cent supported it.

Pollster Nik Nanos said the support shows councillors have to tread carefully on the issue.

"The municipal government has to be careful in terms of anything that increases the cost of ride-sharing, because there will be consumers that are disappointed," he said.

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WHY ECUADOR?

Starting in 2010 with the sale of land lots on the Ecuadorian Pacific coast, HolaEcuador, a Canadian company is now into its sixth year offering diversified real estate opportunities and a wide array of services. Every year, the team helps hundreds of Canadians acquire property in South America.

Comfortable year-round climate, a low cost of living (about three times lower than in Canada), an incredible diversity of natural scenery and an efficient and affordable healthcare system with benefits for retirees make Ecuador increasingly attractive to North Americans looking to enjoy a second home under the sun or to retire and relocate to this marvellous part of the world.

80% SOLD

"The development on which we're currently working is a beautiful 130-acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, HolaEcuador's vice-president of design and construction. "It is located 60 kilometers south of Manta. Of the 1,700 lots on the development, there are only about 300 left unsold", he adds.

"Infrastructure is coming along quickly, and construction is well underway, with 150 homes completed and many more starting this year. A beautiful outdoor sports facility is now operational, businesses are beginning to set up shop and the parks are simply breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole.

Lots on HolaEcuador's Pacific coast development start at US \$21,900, while construction of a two-bedroom, one-bathroom house starts at US \$69,900. "The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.



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HolaEcuador is offering free informational seminars in several locations across Canada. These sessions are the perfect opportunity to discover more about the advantages of property ownership, living and investing in Ecuador. In addition, you'll become familiar with the many attributes of this real estate development as well as the essentials of property acquisition in this beautiful country in Latin America.

Space is limited. Prospective attendees are encouraged to register in advance with the local sales representative.

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SOCCER

Young players can learn at FC Barcelona school locally



Alex Boyd
Metro | Edmonton

A new soccer school run by FC Barcelona wants to help young Edmonton players up their game.

The famed European club — home to greats like Lionel Messi and Xavi Hernández Creus — is opening two more schools in Canada, to be run by a branch of their youth school. The academy here will run out of the Fuhr Sports Park in Spruce Grove, the other in Mississauga, Ont.

Players will be schooled in the same methods taught to youngsters in Spain.

"It is literally the same program and drills that the youth kids do in Barcelona — it's very focused on technique," says



Players at one of FC Barcelona's past camps in Edmonton. CONTRIBUTED

academy manager Luis Abello. "We focus a lot more on skills on the ball, on decision making, on movement and player positioning."

Technical directors from Bar-

celona will come to Edmonton to co-ordinate the program in line with the club's methodology.

Abello says the club decided to move into Canada because of

the growing popularity of the sport here, which is driving demand for higher training.

Edmonton was chosen because of the success of past training camps, he says.

“It is literally the same program and drills that the youth kids do in Barcelona.”

Luis Abello,
academy manager

"We had a really good response, really good attendance, and we absolutely loved the city — the people were wonderful, really responsive to our arrival," he says.

The camp starts April 26, and is open to players in the under six age group, up to under 14. Costs start at \$1,250 for weekly sessions. Pre-registration is now open.

Since 2013 FC Barcelona, partnering with BCN Sports, has held more than 40 youth camps and coaching clinics across Canada, drawing more than 5,000 players and coaches. The club has almost 20 schools around the world. Its first Canadian school is located in Burnaby, B.C.

PUBLIC SAFETY

Surrender follows standoff



Ryan Tumilty
Metro | Edmonton

A 31-year-old man held police in a near 12-hour standoff in West Edmonton beginning Sunday night, ending with his surrender Monday morning.

Late Sunday, the man's family and friends called police, concerned about his welfare. Police were told the man had a weapon and was driving.

When police found his vehicle, a short pursuit led to a residence near 90 Avenue and 154 Street. The man entered a basement suite. Police evacuated people in the upstairs unit and notified nearby residents.

The accused is in custody, but has not been identified.

Insp. Gary Godziuk said charges are pending and a handgun was found in the home. The man is known to police.

"Our first and highest priority at these incidents is public safety, so we have to have the people who are trained for exactly this type of thing," he said.

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Finance Minister Joe Ceci says the government's stimulus plan will boost the economy in the long term. THE CANADIAN PRESS

Provincial credit rating downgraded

ECONOMY

Alberta is on the right track despite outlook: Ceci

Alberta's Finance Minister Joe Ceci says Alberta's core spending plan remains in place despite another blow Monday to the province's credit outlook.

"The important programs and services that Albertans rely on and that we ran on, we believe it's important to keep those in place," Ceci told reporters at Government House.

"When it comes to infrastructure spending and stimulus, we believe we're on the right track."

Ceci was responding to the bond rating agency Moody's announcing Monday it is shifting its outlook for Alberta to negative from stable while retaining the province's triple-A rating.

In December, the rating agency Standard and Poors downgraded Alberta's rating to double-A-plus from triple-A.

The outlooks impact the credit-worthiness of a borrower and can make it more expensive to

take on loans.

Moody's, in a news release, said the change reflects that oil prices, the engine of Alberta's economy, continue to tumble.

"The negative outlook for the province of Alberta reflects the rising risk that the province's fiscal position will deteriorate further than previously expected in an environment of protracted low oil prices and deterioration of economic activity," said Moody's.

Oil prices that now are hovering under \$30 US a barrel have hit the province hard.

Ceci said there are positives in the report: "They have affirmed our triple-A credit rating, so that is great," he said. "They have put us on a watch, which really just is a result of oil and where that's at and its impact."

The long-term blueprint the province is pursuing was laid out last October in the 2015-16 budget. That plan promises hiring freezes where possible but avoids deep cuts in front-line services. It also expands infrastructure spending over the next five years to help spur the economy and to catch up on infrastructure deficits ignored by previous governments. THE CANADIAN PRESS

HEALTH

Council approves west-end recreation centre



Ryan Tumilty
Metro | Edmonton

A long-awaited recreation centre in West Edmonton moved a step closer to reality Monday, as councillors approved a draft plan for what will be in it.

While design work still has to be completed, councillors approved plans Monday for a recreation centre with two NHL-size rinks, an attached li-

brary, fitness centre, three gymnasiums and a walking track.

The design work on the project is expected to be complete this year, but it could be 2022 or later before the facility actually opens its doors.

Jason Rumer, president of the Glastonbury Community League, said the facility can't come soon enough.

"The west end significantly lacks access to good quality recreation centres," he said. "It's a facility that is really needed

right now."

While Rumer said the city seems to have the right mix of facilities, the Aquatic Council of Edmonton asked council to consider installing a bigger pool.

The current plan calls for a 25-by-30-metre tank with a five-metre diving board, but the group that oversees competitive swimming in Edmonton would like the pool to be 50 metres wide, with a 10-metre diving board.

Council passed a resolution to study what the trade-offs and cost would be to add a larger pool to the centre, which is estimated to cost \$180 million. Coun. Michael Oshry said he doesn't mind the study, but doesn't want to see local needs sacrificed for competitive swimmers.

"Our number one priority in the new rec centre should be the citizens of the west end. We have a lack of facilities in the west end."

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IN BRIEF

Alberta facing job shortage, says employment group

Alberta could face a shortage of skilled labour despite layoffs in the oil patch unless companies and governments keep training new workers, an industry group warns.

BuildForce Canada is projecting a loss of 31,000 construction jobs due to the downturn in the oil sands over the next four years, with

many of those people heading to other provinces.

"A skills vacuum is a real risk with the exodus of inter-provincial workers within and outside the resource industry," Rosemary Sparks, the group's executive director, said Monday.

BuildForce Canada is forecasting the construction sector will not bounce back until 2020. THE CANADIAN PRESS

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120-year-old's birthday wish

MILESTONE

One of oldest persons alive yearning to meet Trudeau

Cicilia Laurent is a woman who has lived in three centuries, from before the discovery of human flight to Haiti's devastating earthquake in the new millennium.

To mark her birth on Jan. 31, 1896 — something that, if verified, would make her the second-oldest person ever — Madame Laurent would like nothing more than to meet Prime Minister Justin Trudeau.

"Will he come see me?" she asked last weekend. "I would be so happy. Before I die I would be so happy to meet him. I'm waiting and you can let me know if it's going to happen."

If the Liberal leader's audience is anything like Torstar News Service's recent visit with her, she will offer Trudeau, his wife and children lots of prayers for their health and wealth. He will also undoubtedly be invited to recite scripture, fol-



1 Cicilia Laurent at home in Laval, Que. Born in Haiti on January 31, 1896, Cicilia will turn 120 years old this year. 2 Cicilia and her great-grandson, Christian. 3 A photo of Cicilia when she was a young 112 years old. TORSTAR NEWS SERVICE

lowing Laurent's devout evangelical lead.

She will hold his hands, touch his face, laugh and share her contagious optimism in a tough-to-decipher Haitian Créole, translated into French by one of her children or grand-

children.

But one special request is certain. The woman who could pass for the matriarch of humanity would like special permission for her beloved grandsons in Haiti, Patrick and Joel, to come see her in Canada, pos-

sibly for the last time.

"You don't know how important they are for her," says Laurent's grandson, Ronald Cherri.

Laval, just north of Montreal, has been home for Laurent since shortly after the dead-

ly 2010 earthquake in Haiti. All around her, she recalled, houses crumbled and were flattened. Many neighbours and friends died.

So who is Cicilia Laurent? According to a 2005 document provided to Torstar News Service that is known as a late declaration of birth, she was born 120 years ago on Jan. 31 to Erzulie Laurent in the village of Pestel, about 300 kilometres west of Port-au-Prince.

Cherri, her grandson, said Laurent gave birth to 12 children, six of whom survived childbirth. Three are still alive. Her eldest daughter, from a first marriage, died a few years ago at the age of about 96, Cherri said.

She says her secret is keeping an even keel, eating well and having faith in God.

But the proof of her extraordinary birth date is not solid enough for her to assume her title as the world's oldest living person, a crown currently worn by New York's Susannah Mushatt Jones, who has been verified by the Guinness World Records as being born on July 6, 1899, making her 116 years old.

TORSTAR NEWS SERVICE

OTTAWA

Sing us a song, Sophie

The audience for Martin Luther King Day at Ottawa City Hall got an unexpected bonus Monday when Sophie Gregoire-Trudeau offered an impromptu a cappella rendition of a song she wrote for her daughter.

The prime minister's wife was a guest speaker at the city's annual Martin Luther King Day event, but decided to go beyond simple remarks.

In a video clip posted on various media sites, Gregoire-Trudeau said she was inspired by singers earlier in the program and wanted to offer something of her own.

She launched unaccompanied into the song, titled "Smile Back at Me." THE CANADIAN PRESS



Sophie Gregoire-Trudeau
SCREENGRAB/YOUTUBE

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One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.



Listen and ask

Be wary of giving advice. People with a mental illness don't want to hear that they're "just going through a bad patch" or that they should remember they have a lot to be happy about. It's like telling someone with heart disease they need to snap out of it. Ask and listen to what they have to say about their illness.

Michael Landsberg



Learn more at
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SCIENCE

New NASA satellite to track rise of sea level

NASA has launched a satellite into orbit that it says will be able to measure the rise in sea level across 95 per cent of the Earth's ice-free oceans and help scientists predict extreme weather events linked to global warming.

The Jason-3 satellite was launched aboard a rocket in California on Sunday and it will be fully operational after a six-month testing phase, the U.S. space agency said in a statement.

Joining its predecessor, Jason-2, launched in 2008, the satellite will track the height of the sea level, the speed and direction of ocean currents and tides, and collect information about solar energy stored in

the ocean.

They will help climate specialists forecast the strength of extreme weather events, such as tropical cyclones, NASA said.

Jason Thistlethwaite, an assistant professor of business and environment at the University of Waterloo in Ontario, said the rise in sea level is "the greatest physical and economic threat from climate change."

"Reducing our uncertainty around the impacts of sea-level rise and extreme ocean weather will go a long way to reducing our vulnerability to the economic and social impacts of extreme events on our coastlines," he said.

TORSTAR NEWS SERVICE



A young girl wades in the water where a kitchen once stood, as rising sea levels push into the waters of Senegal's Saloum Delta.

JANE HAHN/THE ASSOCIATED PRESS

IN BRIEF

Germany: Sexual-assault suspect in custody

A 26-year-old Algerian man has become the first person arrested in connection with a string of sexual assaults during New Year's celebrations in Cologne that sparked a debate about Germany's ability to integrate migrants. THE ASSOCIATED PRESS

French president declares economic emergency

French President Francois Hollande pledged Monday to redefine France's business model and declared "a state of economic and social emergency," unveiling a \$2.2-billion US plan to catch up to the global economy. THE ASSOCIATED PRESS



BURKINA FASO BUSINESSES REOPEN AMID BEEFED-UP SECURITY

A soldier stands guard outside the Splendid Hotel in Ouagadougou, Burkina Faso, on Monday. In the wake of a weekend attack that killed up to 32 people, security was increased across the capital city as businesses and banks reopened. The nation also announced a joint effort with neighboring Mali in the fight against Islamic extremists in the West African region.

SUNDAY ALAMBA/
THE ASSOCIATED PRESS

British parliament polarized on Trump

EUROPE

MPs slam U.S. presidential hopeful; most opposed to ban

Donald Trump doesn't have many fans in Britain's Parliament.

But a debate among lawmakers on calls to ban Trump from the country revealed little appetite to close Britain's doors to the provocative Republican U.S. presidential contender.

During a three-hour debate Monday, legislators from Britain's main parties stood to call

Trump an attention-seeker, a demagogue and a fool. Many, though, argued that he should not be stifled or banned.

"While I think this man is crazy, while I think this man has no valid points to make, I will not be the one to silence his voice," said Conservative lawmaker Tom Tugendhat.

Parliament took up the topic after half a million people signed a petition calling for Trump to be excluded over his call for a temporary ban on Muslims entering the U.S. in the wake of extremist violence. Trump has also claimed that some areas of Britain are so radicalized that police fear for their lives.



Donald Trump is a fool. He is free to be a fool. He is not free to be a dangerous fool on our shores.

Jack Dromey, Labour Party member of parliament

Labour Party legislator Paul Flynn, who opened the session, said Trump had already received "far too much attention."

"The great danger by attacking this one man is that we can fix on him a halo of victimhood" and boost his popularity among supporters, Flynn said.

Prime Minister David Cameron has condemned Trump's remarks about Muslims as "divisive, stupid and wrong," but he and other senior officials have

said they do not think Trump should be banned.

The government has the power to deny entry to people with criminal convictions or those whose presence is considered not "conducive to the public good." The power has been used against figures as diverse as boxer Mike Tyson, rapper Tyler the Creator, radical Muslim preachers and the late Christian fundamentalist Fred Phelps Sr. THE ASSOCIATED PRESS

RICK MERCER REPORT

TONIGHT Rick goes fishing around Toronto's bustling St. Lawrence Market.

#rickmercerreport

ALL-NEW
TONIGHT 8

BY THE NUMBERS | Things that cost more than a \$28 US (about \$40.76) barrel of crude



Oil cheaper than beer

ENERGY

Crude at near 12-year low on fears Iran will open floodgate

Just how cheap is oil these days? Not only does a standard steel drum barrel cost more than three times the 42 gallons of crude that could go in it, the actual lid now costs more, too.

"Yeah, that's interesting — and cute too," said Avery Shenfeld, chief economist at CIBC

World Markets, with a chuckle.

In fact lots of everyday items, from pizza to Levi's to a two-four cost more than 'black gold' these days, thanks to the tanking Brent crude price, which dipped below \$28 US a barrel in London Monday.

Oil traded near 12-year lows after the lifting of international sanctions on Iran paved the way for increased supply amid a global glut, Bloomberg News reports.

Iran is beginning efforts to boost output and exports by 500,000 barrels a day now that restrictions have ended,

Amir Hossein Zamaninia, deputy oil minister for commerce and international affairs, said Sunday.

"Clearly, what is happening is that markets are continuing to be quite anxious about the possibility that we will see Iran bring back quite a bit of oil," said Bart Melek, the head of commodity strategy at TD Securities in Toronto. "This probably is a little quicker than people thought."

Iran, which was OPEC's second-biggest producer before sanctions were intensified in 2012, is trying to regain its

lost market share and doesn't intend to pressure prices, officials from its petroleum ministry and national oil company said this month.

Shenfeld said that prices for raw materials are much more volatile than manufactured items, so when a commodity plunges the way oil has over the last year, the effect is far more pronounced. It's lost 21 per cent of its value this month alone.

"Oil has fallen a long way, so it makes sense" that it can now be compared to restaurant food and clothing, he said.

TORSTAR NEWS SERVICE

SURVEY

Millennials clueless on how to use RRSPs

Nearly a third of young Canadians admit they are "not at all knowledgeable" about retirement savings plans, according to a survey done for TD Bank.

The report also suggested that a large proportion of those aged 18 to 33 are uninformed about what registered retirement savings plans can and cannot be used for.

Only half knew that money in an RRSP could be used to help buy their first home, while just 28 per cent knew it could be used to help further their education later in life under the lifelong learning plan.

52%

The percentage of young Canadians who incorrectly believe an RRSP could be used to finance a car. Half wrongly thought it could buy a second home.

The survey also found that 64 per cent were unaware that RRSP savings could not be used to make a charitable donation and 60 per cent mistakenly believed that they could be used to pay childcare expenses.

THE CANADIAN PRESS

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ROSEMARY WESTWOOD

metroview

Porn's lost its power to shock. That could save some money.

The ubiquity of online pornography has spawned an ironic turn of events.

To explain, take the case of the Barriere & District Chamber of Commerce, which found its website had become a porn hub earlier this month.

The chamber, set in a tourism and alfalfa-growing town of less than 2,000 in B.C.'s southern interior, had let the domain name barrierechamber.com lapse. It was then snapped up by Al Perkins, an apparent domain-name scalper who lives on an island off the coast of Normandy and looks for lapsed domains to exploit. He leased the domain to PornoLaba and asked for a reported \$9,700 from the chamber to get it back ("It's just pure business," he told the National Post). Otherwise, it would be all gagging, fantasy and college porn, all the time.

But the chamber, after a rejected \$500 counter-offer, did not die of shame. It just started another website.

So did White Rock realtor Jacquolyne Tomsin, when she found that her website had turned into a home page for "Rude Space — the adults playground." According to a Peace Arch News report in 2013, Tomsin wouldn't give Perkins the \$1,000 he requested.

What this says to me is that Internet-pranksterdom and graphic online porn are now

so common, we expect home buyers in White Rock or businesses in Barriere to understand if they click a link and up pops a spanking fetish.

"Ah, just some more unwanted online pornography clickbait," they'll say.

According to estimates from the researchers behind A Billion Wicked Thoughts, a book about online sexuality and neuroscience, porn accounts for about four per cent of websites and 13 per cent of web searches.

And while buying up lapsed domains is a legitimate business, the strong-arm porn tactics for selling domains back to their original owners are looking increasingly weak.

Not only is porn's power to shock diminishing, it's also losing its aura as an untouchable force on the internet.

In a first in Canada, Manitobans can now sue people who distribute nude photos of them online against their will, under new legislation targeting child pornography and revenge porn that took effect yesterday. Many U.S. states also have revenge porn laws. The rest of the country would do well to follow suit.

There's no need to feel held hostage by an opportunist with erotic tastes, and there's no reason to deny victims exploited via porno sites their due justice. Porn might be ubiquitous, but we're not helpless.

THE BIG THING: THE WORLD ECONOMIC FORUM

Davos. Just the word evokes images of the world's biggest bigwigs, meeting on top of a secluded Swiss mountain, discussing the future of the world economy and comparing the sizes of their enormous piles of money. But the World Economic Forum is much more than that — and this year, Canada will be front and centre at the global gathering. It begins Wednesday.

WHAT YOU NEED TO KNOW

The World Economic Forum is an annual meeting of more than 40 heads of state and 2,500 business leaders and other movers and shakers — some of the richest and most influential people on earth.

It's often referred to as "Davos," the name of the small resort community where it's held.

Canada is making a point to have a strong showing at the conference in hopes of creating economic opportunities for the country.

The anti-capitalist protests and controversies that once surrounded Davos have eased.

The theme this year is about how digital technology is transforming every aspect of life — what some have termed the "Fourth Industrial Revolution."

Revolution redux

Attendees (Davos is invite-only, of course) have each been sent a copy of The Fourth Industrial Revolution by Klaus Schwab, the founder of the World Economic Forum. In his view, the first industrial revolution was the birth of water and steam power, the second was mass production and mass media and the third was the digital revolution. And in the fourth — the one we're in now — technology is being fused into almost everything in the physical, digital and biological worlds. How will the global economy react when "smart factories" replace jobs and vehicles start driving us to work? That's what world leaders and business giants are putting their heads together about.

SOURCE: DON TAPSCOTT/
SPECIAL TO TORSTAR NEWS
SERVICE

THE BIG NUMBER

5

That's the number of cabinet ministers who will accompany Prime Minister Justin Trudeau to Davos this year. This move is seen by many as a way to showcase Canada's economy to the rest of the world at a time when one of its most lucrative industries — oil — is taking a nosedive steeper than any alpine peak.

\$

Calming down about capitalism

Massive crowds of anti-globalization protesters were once as common a sight at Davos as conservatively cut suits. In the 1990s and early 2000s, hundreds of thousands of people marched in Switzerland and cities around the world to draw attention to the social and environmental costs of the global free market. In 2003, fuelled in part by anger about the escalating Iraq war, demonstrations descended into riots in the Swiss city of Bern. In recent years the crowds have dwindled to a few hundred — and they aren't allowed anywhere near the conference.



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EXERCISE

Use a staircase to loosen up those hips

Learn how to make peace with your pelvis using a do-it-anywhere exercise called the Hippy Hangout. This movement multitasker is as efficient as it is effective. It liberates your hip flexors on one side, while bolstering the outer hip muscles on the other side.

1. Holding onto a wall or railing for support, stand sideways on a flight of stairs with one foot on a tread and the other foot dangling in space.

2. Taking care to level your hips, imagine your dangling leg attaches to your body just underneath the bottom ribs, rather than at the hip. Relax the leg and let it hang heavy.

3. Begin to passively sway the leg without using any real muscular effort. The movement should be slow and pendulous as if you were wearing a clog made of gold.

4. Hang out with gravity for 30 seconds, or until the outer hip of the standing leg fatigues.

5. Step down and feel the difference between your legs as you take a few exploratory steps.

6. Repeat on the other side.

Use the Hippy Hangout to improve pelvis stability, eradicate hip and low back pain and access your happy place.



Stretch your yoga practice into daily life

TORSTAR NEWS SERVICE

ON THE GO

Work your core

This is a "tune-up" exercise to strengthen your core that you can do anywhere, even on public transit.

1. Sit or stand with good posture.
2. Inhale deeply to swell belly and chest. Retain the breath inside.
3. Against the resistance of the held breath, engage and pack in your core muscles to hug your spine from every possible angle. It'll feel like a blood pressure cuff tightening around your torso. If you feel your chest, belly, waist and low back with your hands, the tissues will be taut below the soft stuff at the surface. Fake a cough to engage the muscles further. This is your Totally Tubular Core.
4. Without releasing the awareness or muscular engagement, exhale and continue to breathe normally. Find the balance between full breaths and the cylindrical cushioning and support offered your spine.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Visit padmani.com

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RESEARCH

**Heart attacks
deadly for those
living on 15th
floor or above**

Cardiac arrests happen most often at home. Researchers knew that.

What they didn't know, until now, is this: If your home is a highrise, the higher your floor, the lower your chance of survival.

A new study published Monday in the Canadian Medical Association Journal examined five years of health data from the City of Toronto and Peel Regions — selected because of high population density.

Specifically, researchers wanted to see what effect “vertical delay” played on life and death when someone called 911 to report a cardiac arrest.

Can floor level actually determine a person's likelihood of survival?

The short, conclusive and alarming answer is yes.

Researchers examined nearly 8,000 cases of cardiac arrest between 2007 and 2012. Survival was 4.2 per cent for those living on the first or second floor.



The high risks of living in a highrise

They found those who lived between the third and 15th floors had a 2.6 per cent chance of surviving to hospital discharge.

Survival was “negligible” — less than one per cent — for those living on floor 15 or above.

There were 30 residents in the data that went into cardiac arrest on the 25th floor or above.

“They all died,” said Dr. Laurie Morrison, a scientist at St. Michael's Hospital and one of the study's authors.

Researchers studied the data to see if there were any particularly “toxic neighbourhoods” where residents were more likely to die of cardiac arrest.

But there were no conclusions to be drawn from geographic or socioeconomic factors.

“It doesn't matter whether you're poor, middle class or high class, it's just the vertical that makes a difference,” said Morrison, who is also director of Rescu — a group that studies out-of-hospital emergency health care.

When first responders arrive at a condo or apartment building, access barriers can delay the amount of time it takes them to reach a patient.

In some cases, the building is inaccessible from the outside or an elevator is unavailable.

Typically, there is no defibrillation device on scene to allow a bystander to help restart the resident's heart before emergency crews arrive.

Survival rates decrease seven to 10 per cent with every one-minute delay to defibrillation.

THE NUMBERS

There were 30 residents in the data who went into cardiac arrest on the 25th floor or above. They all died, the study author said.

“As more highrise buildings are built, in response to the demand for affordable condominium

and rental properties,” the study noted, “the negative impact on community survival may increase.”

The study suggests a few interventions that may increase survival rates in high-rise buildings.

Fire departments have a universal access key that gives them sole and immediate access to elevators but paramedics do not.

Expanding this access to paramedics, who may be first on scene, should be an easy fix, researchers say.

“Availability of a universal key seems like a simple intervention but it has remained unaddressed for decades,” the study reported.

The study also calls on landlords, property management companies and condo boards to consider purchasing automated external defibrillators for their buildings and training staff in their use.

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LEARNING CURVE

Stay hot during your winter semester

Whether you came back from the break feeling recharged or maybe still catching up on sleep, the winter semester is here. And to make the most of it, students are planning on ways to improve their grades and time management skills, and remembering to enjoy school, too.

"I want to learn to sleep better and work out," says University of Winnipeg student Trisha Navidad. "Basically, I'm going to make sure to challenge not only my brain, through studying. I'm also never going to schedule my classes at four in the afternoon with night classes again."

She says she's a little nervous coming back for a new semester, but more excited than anything. With still a few years to go, Navidad wants to master the fine balance between focusing on school and not letting it be the only thing in her life.

"I think my biggest goal in attending university is getting my dream job, which is either a career in PR in the tourism or film



ALANA TRACHENKO

industry," she says. "But I think my other goal is to become the person I want to become and develop good habits."

Navidad says it's a steady learning process, in and out of the classroom.

"Now I know that at 4 p.m. there are less

people on the bus and you can actually get a seat."

UW student Adrienne Tessier also wants to strike a balance between school and all of her extracurriculars, including coaching debate, working with non-profit organizations and her

three jobs.

"It's a bit crazy," she admits. But Tessier says she loves the academia setting.

"I'm going to see this term as a continuation of my first term successes, and not see it as a new start," she says. "Seeing this term as a part of a longer journey helps me to keep things in perspective."

With just a bit of her degree left, Tessier is getting a lot out of the smaller class sizes and various elective classes.

"I love small class discussions, and let's be honest, learning about esoteric interests is the best part of university," she says. "I want to take opportunities as they come. This may mean something academic like going to a conference, or even just an opportunity to create meaningful friendships."

She says she's already excited for next year and plans on submitting a couple of papers to peer-reviewed journals.

— ALANA TRACHENKO

Boyle Street school all about inclusiveness

Boyle Street Education Centre is Edmonton's charter high school that is dedicated to helping learners start (or restart) toward their educational goals.

"We are an inclusive high school focused on being no-cost, low-barrier and high-engagement for our students," says Scott Meunier, principal, Boyle Street Education Centre.

"Our school is designed for young people between the ages of 14 and 19 who have typically felt disengaged in traditional school environments."

Classes at BSEC are small, staff members are caring, there are no fees, and a wide array of supports to remove barriers to learning.

BSEC has a number of supports in place

to help people get where they want to go - occupationally or academically.

"It is important to offer a program like this because so many of our students experience several barriers to education in larger school districts where it is difficult to be as flexible to each student's unique needs," says Meunier.

Now is a great time to enroll because a new semester is starting on February 1st and it's a good jumping-on point for anyone hoping to start (or restart) their school year.

"We accept you where you are and as you are — we just want you to start here and let us help you get where you want to go," says Meunier.



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To learn more about the Boyle Street Education Centre, find them on Facebook or visit www.bsec.ab.ca.



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Get your career started before you graduate

In a competitive job market, education is just one piece of the puzzle — experience is often just as important. Getting experience while still being a student can be challenging, but it's worth the effort to set yourself up for a potential job later.

"You gotta be creative," says career development specialist David Cataford from the University of Calgary. "You have to volunteer, you have to be proactive, you have to make connections."

Cataford says that social media is a good start to researching potential employers and the people you'd like to connect with professionally, but it shouldn't stop there.

"I like old-fashioned: meeting people face to face," he says. "So send an email but follow up with a phone call and try to meet in person."

Cataford suggests scouting out events and places where you might be able to meet people from the industry and learning more about whatever it is you're pursuing. Doing research and getting familiar with your potential employers will help you make an informed decision when it comes time to take a job.

"The jobs that are posted, they hire people who have made a connection to them before they posted it," he says. "Drop off a resume or cover letter. They'll know you're interested in them... so when there is an opening, who are they going to look to, right?"

He adds that if there's someone you'd like to meet who you think might give you some direction, reach out and ask them for coffee, but be courteous.

"If you're genuine about the way you approach these people, they'll help you out," he says. "But fit within their schedule. Everybody in Calgary is overworked with all the layoffs, so you have to be really patient and persistent."

And lastly, try to either work or volunteer in your field, even if it's only part-time.

"If a student wants to be a pharmacist, well, OK, practise being a pharmacist, get a job at a pharmacy, go talk to a pharmacist," he says. "And if you can't get the job, volunteer. Maybe you can shadow."

He adds that like the University of Calgary, many schools provide career services to students, which are great resources. And for those out of school, check out your industry associations. They can be great places to make connections with not only future employers, but others in your field.

— ALANA TRACHENKO

Find your right path to success

For Academy of Learning student Kennedy Bailey, her desire to enter into the field of community support services has always been the goal, but she was having a hard time finding the path to get her there — until she discovered Academy of Learning.

"I have been jumping from school to school without getting any real traction, so knowing that at Academy of Learning I could start a career in a field I've been trying to get into for the past few years was very appealing," says Bailey, community service addictions worker (CSAW) diploma student.

Bailey originally went in looking to be a medical assistant, but the student advisor she was interviewing with, told her that Academy of Learning was bringing in a new program that would better suit her previous school work (sociology).

"When she showed me the course outline, I knew it was exactly what I had been looking for," says Bailey.

After Bailey completes the 51-week program, she is considering a career in youth care as a support worker, but is also planning on heading back to school to get a degree and eventually her masters in social work.

"I've learned more of what is expected in this field in the past three months than I have in all my years of studying," says Bailey.

"They prepare you for a career, from the source material down to writing a resume."

For more information, visit www.academyoflearning.ab.ca.



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The flexibility of self-directed learning allows the student to set their weekly study schedule.

"Online eliminates all of the commute hassles and lets you focus on learning in your own environment," says Keith McConnell, BA, MBA director Online Campus Canada, Robertson College.

"Online learning has evolved and Robertson Online is committed to providing you a truly interactive educational experience - we are here to help and guide you, your success in our success."

Robertson Online programs and certificates provide students with the industry skills to be career ready in less than a year. Online education provides the ability to enhance your education and skills while still working or while living in a remote community.

Even those students living in remote areas, and all online students, have access to all the same resources as traditional campus programs, admission advisors, student services, instructors and career services.

"Robertson College Online is available coast to coast, so if you or your family is transferred from one province to another we can continue to support you in your education," says McConnell.

"With accredited programs our students are eligible for student aid."

Robertson Online has a full support team to help online students throughout their studies.

"We help guide you through every process for the very first call, text or email," says McConnell.

"All our online courses are accredited and contain the same content as our physical campuses."

Robertson Online courses integrate the most recent learning management systems and



CONTRIBUTED

tools to enhance the education experience.

Robertson College is continually working on new programs and courses relevant to changes in all faculty areas, business, IT and health care with more than 14 programs offered online.

The recently launched community ser-

vice worker program is an example of how Robertson College Online is expanding their programs to meet the needs in all our communities.

For more information about Robertson College Online, visit robertsoncollege.com/online-studies

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UNIVERSITY OF ALBERTA
FACULTY OF NURSING

Make a lasting impression

When you meet someone, the impression they form about you within the first 10 to 15 seconds is crucial to the success of your relationship. This is particularly evident in the business world.

There's a growing recognition in business that businesspeople need a balance of hard skills and soft skills to make the right impression, create and maintain strong relationships, and get the job done well.

Business administration jobs require a solid skill set and deep knowledge of the software and skills required, whether you're looking to be employed in business or start your own enterprise as an entrepreneur.

Hard skills that have become the norm include the latest versions of administrative and accounting software such as Microsoft Office Suite and Simply Accounting.

Soft skills include social and organizational techniques that are crucial for disciplines



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including management, human resources, customer service, communications, marketing and sales.

With this wide range of skills you can access an equally diverse range of jobs, including marketing assistant, bookkeeping assistant and office manager.

The Business Administration Management diploma program at Reeves College empowers students with a suite of up-to-date business skills and knowledge, and finishes with a comprehensive, practicum placement, where students practice their skills in a real-world work environment.

For more information on the Business Administration Management program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.

DIGITAL SCHOOL A TRUE FUTURE INVESTMENT

When Rhodelyn Abalos immigrated to Canada in 2014 from the Philippines, she started out working in retail, but was looking for a way to increase her earning potential.

Since she was already pursuing an education in industrial engineering before moving to Canada, she was please to discover the program offerings at Digital School.

So she decided to invest in her future and enroll in the engineering CAD technician with process piping specialization program.

"I wanted to be in the engineering field and this program allows me to have an engineering CAD technician diploma and a process piping specialization in just a year," says Abalos.

"This program is the best upgrade for my studies in coming here in Canada as an immigrant."

Aside from its location that is in the heart of Edmonton, Abalos likes that the class size is less than 20.

"This helps in the one-on-one interaction of students and instructors for better learning, plus you'll get to know your classmates



ISTOCK

better," says Abalos.

This program gives training that allows students to develop their skills and be more knowledgeable in designing and planning.

Graduates of this program may go on to pursue work in process design and manufacturing facilities, engineering forms and other related industries.

Once Abalos completes the program, she want to apply for her dream job here in Canada and later on pursue becoming a certified engineering technologist.

For more information about this program, visit www.digitalschool.ca.

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Have fun fighting the winter blues

The days are short, the weather frigid and the homework is piling up: winter semester is here. Coming back to school in the dead of winter is never easy, but there are ways to keep enjoying the season now that the Christmas lights are off.

"It's the best time to go to those fancy coffee places downtown," says University of Manitoba's Seamus Hamilton-Pattison. "In the summer, you don't want a hot cup of amazing coffee, good as it is."

The cold weather isn't always the favourite, but it does lend itself to some of Winnipeg's most iconic events and festivals, such as pop up restaurant RAW: almond, the Red River skating trail, and Festivals de Voyageur snow sculptures.

"I love going on the Red River as well, as soon as it freezes," Hamilton-Pattison says. "Bundle up because the wind is really intense out on the river and you don't have to skate, but you should probably be mindful of people who are because they'll probably bowl you over."

Luckily enjoying the outdoors is the least expensive activity there is, but as Winnipeggers know, sometimes it's just too cold. So they head inside for some live entertainment.

"I usually end up seeing a lot more shows in the winter because you don't want to go outside sometimes," Hamilton-Pattison says. "I find there are more interesting shows... if people do go out they want it to be for a special event, so people get really creative in the winter thinking of ways to motivate people out of their houses or make outside more hospitable than what it is."

Students can usually see local bands perform for \$5 to \$10 per show. Larger shows such as Big Fun Festival — which takes place the last week of January — are a great deal as well, with dozens of bands performing at a variety of venues across the city.

"If you're a student, I know this time of year right now the universities do a lot of their back-to-school stuff," Hamilton-Pattison says.



ALANATRACHENKO

Besides attending events or leaving campus, there are plenty of student groups that are free to join and an easy way to practise a skill or hobby, while getting to know people. "Our faculty of education has a free paint

night that's going on in the Hub," Hamilton-Pattison says.

Check out your university's website to find out what is happening this month.

— ALANA TRACHENKO



CONTRIBUTED

Tea get-togethers help with students' mental health

Who knew a simple cup of tea could not only be good for your physical health, but your mental health, as well.

Take a Tea Break on Us is a unique initiative started by the University of Alberta Faculty of Nursing and the first of its kind to be launched specifically for nursing students focusing on their mental health and overall well being.

"Our group also realized how important it is, especially as a nurse, to take breaks

and to schedule personal self-care time," says Kate Arnold, second-year bachelor of nursing student — after degree program.

"Implementing positive stress relieving habits now will allow us to cope with our stressors as future professionals, as nursing burnout is still prevalent in the nursing community."

Created by Arnold, along with other second-year nursing students and team members Courtney Coffin, Rachelle McKee

and Carol Mazo, as well as faculty member Heather Correale, the group has collaborated with David's Tea to offer the monthly event of free tea, adult colouring and other forms of relaxation.

The first event this past fall, saw more than 250 people show up.

"It was amazing to see how our small community project had such a positive impact on students' overall mood, and how, when we mentioned free tea or adult colouring, their faces would light up," says Arnold.

"It really made all of our hard work worth it."

This event specifically targets nursing students, however, it is open to anyone who wants to attend.

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The B.C. government reports a cost of almost \$5 million to process hundreds through the justice system after the Stanley Cup riot

Hall finds scoring touch

NHL

Oilers beat up on suddenly struggling Panthers

Taylor Hall snapped a scoring drought with two goals, Cam Talbot stopped 30 shots and the Edmonton Oilers added to Florida's slide by beating the Panthers 4-2 on Monday night.

Teddy Purcell had a goal and two assists for Edmonton, which led 3-0 after two periods and then withstood a Florida rally in the final 20 minutes. Jordan Eberle also scored for the Oilers.

Hall, who also had an assist, scored just one goal in his previous 14 games.

Reilly Smith and Quinton Howden scored early in the third period for Florida, which has dropped four straight since winning 12 in a row. Al Montoya gave up three goals on the first seven shots he faced, and the Panthers had their club-record home winning streak snapped at seven games.

Since their winning streak, the Panthers have been outscored 16-5.

Purcell's goal with 1:28 left sealed it, the score coming when Montoya was heading toward the bench for an extra attacker. Montoya stopped 19 shots.

Florida was again without all-star defenceman Aaron Ekblad, who hasn't played since taking a huge hit from Edmonton's Matt Hendricks on Jan. 11. Hendricks was penalized for boarding and



The Oilers' Matt Hendricks keeps the puck away from Derek MacKenzie of the Panthers Monday. JOEL AUERBACH/GETTY IMAGES

subsequently suspended three games for the play, coincidentally returning to the Oilers lineup Monday.

And Florida was waiting for him.

Fans booed him when he got on the ice, and raised their volume when Hendricks was shown on the scoreboard video screens early in the game. Moments after that, Panthers defenceman Erik

MONDAY In Sunrise, Fla.



Gudbranson squared off with Hendricks — getting at least 11 right-handed punches in, while the Oilers' forward did all he

could just to stay on his feet. The fight was one-sided.

The game wasn't, but the Oilers — the NHL's worst road team this season — will take it.

Hall opened the scoring not even two minutes after the fight ended, taking a pass from Purcell near centre ice after a Florida turnover and coming in on a breakaway. He beat Montoya to the stick side, and Eberle's goal

with 2:08 left in the first gave Edmonton a 2-0 lead.

Hall struck again early in the second, again getting set up by Purcell.

Talbot gave up the two quick ones to Smith and Howden early in the third, but settled back into a groove from there and denied two big Florida flurries in the final minutes.

THE ASSOCIATED PRESS

NFL

Panthers face ban on trendy gadget

Carolina Panthers coach Ron Rivera has banned hoverboards from the team's facility, fearing players will get injured.

Rivera says he recently caught a couple players "drag racing" in the hallways of the stadium and wasn't thrilled.

Rivera says, "You see those things on YouTube blowing up and stuff? That is what concerns me more than anything else — something crazy happening."

The Panthers (16-1) host the Arizona Cardinals on Sunday in the NFC championship and the last thing Rivera wants is someone falling off after getting injured. He also says the team has encouraged players not to ride them to work, but says there's little he can control outside of the facility.

"We try to limit their exposure to injury," Rivera said.

THE ASSOCIATED PRESS

TOP OFFENCE

The Panthers finished the regular season as the highest-scoring team in the NFL, and have scored at least 27 points in 14 of their last 15 games. All-Pro quarterback Cam Newton became the first quarterback in NFL history to throw for 35 touchdown passes and run for 10 TDs.

NHL

Kane's 7-point week earns first-star nod

Patrick Kane has been named the NHL first star of the week after his seven-point performance helped the surging Chicago Blackhawks extend their winning streak to 11 games.

Kane had four goals and three assists last week, including his first regular-season hat trick in a 4-1 win at Toronto on Friday.

He closed the week by recording one goal and one assist in a 5-2 win over Montreal on Sunday.

The Buffalo, N.Y., native leads the league in goals (29), assists



Patrick Kane
GETTY IMAGES

(40) and points (69).

Calgary Flames centre Sam Bennett is the second star after scoring six goals in three games.

Los Angeles Kings centre

Anze Kopitar had two goals and five assists in three games to claim third-star honours.

THE CANADIAN PRESS

IN BRIEF

Gordon inks five-year deal with Marlins

National League batting champion Dee Gordon signed a \$50-million, five-year contract Monday with the Miami Marlins.

Gordon led the NL in batting (.333), hits (205) and stolen bases (58) last season, his first in Miami.

"I instantly loved the way they treated me here," the 27-year-old second baseman said. "Signing an extension was pretty much a no-brainer."

THE ASSOCIATED PRESS

DeRozan on shortlist to make Team USA in Rio

DeMar DeRozan is a step closer to making his Olympic debut.

The star Toronto Raptors guard was among 30 players selected Monday as finalists for the U.S. basketball team that will attempt to win a third straight gold medal in Rio de Janeiro.

DeRozan joins an elite group including LeBron James, Carmelo Anthony and Stephen Curry, who is also in line for his first Olympic berth. THE ASSOCIATED PRESS

MATCH-FIXING REPORTS

Federer taking names Down Under

Roger Federer has heard enough speculation about match-fixing in tennis. If players are suspected of corruption, he wants names.

Federer was responding to reports by BBC and BuzzFeed News published Monday that tennis authorities have suppressed evidence of match-fixing and overlooked suspected cases involving players ranked in the top 50, including Grand Slam singles and doubles winners.

The reports said that none of these players had faced sanctions

and more than half would be playing at this year's Australian Open, which started Monday. The players weren't identified by name.

"I would love to hear names," Federer said after beating Nikoloz Basilashvili of Georgia 6-2, 6-1, 6-2. "Then at least it's concrete stuff and you can actually debate about it. Was it the player? Was it the support team? Who was it? Was it before? Was it a doubles player, a singles player? Which Slam?" THE ASSOCIATED PRESS

RECIPE White Bean and Sausage Cabbage Soup



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 Tbsp fresh thyme
- Pepper to taste
- 1/2 cup Parmesan cheese, grated

Directions

1. Pour olive oil into a large pot or Dutch oven over medium heat. Add the sausages to the pot and allow them to brown all over. Remove from the pot and set aside on a clean plate.
2. Add onions and garlic to the pot and cook them just until they begin to soften. Toss in the cabbage and stir it around for a couple of minutes.
3. Add the beans, stock, bay leaves and thyme. Return the sausage to the pot and allow everything to come to a simmer. Cook for 20 minutes and check seasoning.
4. Serve with a sprinkling of Parmesan.

FOR MORE MEAL IDEAS, VISIT
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This hearty soup tastes like it took hours to simmer away even though it comes together in half an hour.

Ready in

Prep time: 10 minutes
Total time: 30 minutes

Serves 4

Ingredients

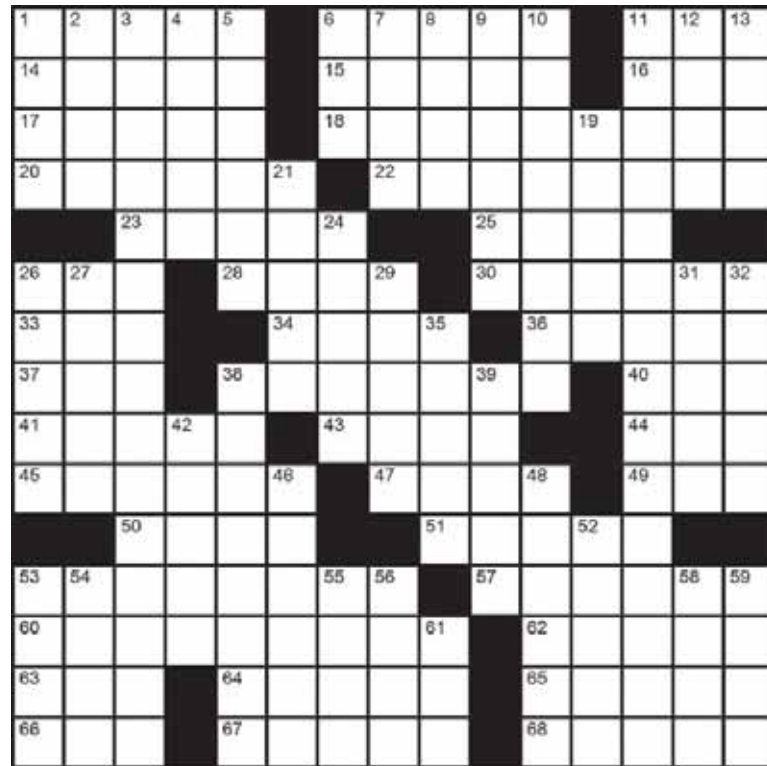
- 2 Tbsp olive oil
- 3 links of Italian sausage, sliced into bite-sized pieces
- 3 cloves garlic, minced
- 1 onion, diced
- 1/2 savory or green cabbage (about 4 or 5 cups), sliced very thinly
- 15 oz can cannellini beans
- 1 litre low-sodium chicken stock
- 2 bay leaves

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Desert 'trees'
6. Wheel-steady-ing wedge
11. Clamour
14. Oak ornament
15. Gawk
16. Singleton
17. Update a route
18. Director of "Rose-Marie" (1936) in which Nelson Eddy plays a Mountie, _ _ _ _ (b.1889 - d.1943)
20. Atomic Number 68
22. Country route: 2 wds.
23. Prefix with 'continental'
25. Skrillex/Diplo/Justin Bieber: "Where _ _ Now"
26. She-bird
28. Unappealing food
30. "A _ _ A-Tasket"
33. Hour: Italian
34. Jail money
36. Belonging to Sicily's volcano
37. Scoundrel
38. Gulf of St. Lawrence explorer Mr. Cartier
40. Lab eggs
41. R.E.M. singer Michael
43. Sweeties
44. Esthero's " _ _ in Need of a Musical Revolution"
45. James _ (Scotty's Canadian portrayer on "Star Trek")
47. Prefix meaning 'Outer'
49. #22-Across' answer has 2
50. El _ (Warm



- ocean current)
51. Journalist Seymour
53. It lets you know who phoned without picking up the phone: 2 wds.
57. Based on the 1884 novel by Helen Hunt Jackson, this 1910

- short stars Canadian actress Mary Pickford in the title role
60. _ _ _ house
62. Ancient water nymph
63. Tape a TV show [abbr.]
64. Archaeological finds in Egypt

65. Cemetery excavation
66. 'S' in NYSE, shortened
67. Internet message
68. TV awards

DOWN

1. Maintenance

2. Top-notch
3. Gym-goer's item for keeping gear secure: 2 wds.
4. Railroad sight
5. Enters data
6. Compass dir.
7. After mil. combat affliction
8. Mr. Shankar
9. Mount _ (Biblical peak for Noah)
10. Aristocracies
11. When responding to the officer... Card a celebrity might play to avoid a traffic ticket: 6 wds.
12. Jimmy Durante song: " _ Dinka Doo"
13. Require
19. Clothed, archaically
21. Peach _ (Type of dessert)
24. Big bug, briefly
26. _ _ oeuvre
27. Lyre-playing Muse
29. Stir, as curiosity
31. Having a roof overhang
32. Crowned heads, once
35. Sandwich time
38. Ms. MacDonald (Leading lady in #18-Across)
39. Compound in perfume
42. Mr. Collins'
46. We can't book you in, inn-style: 2 wds.
48. Grapefruit's pal
52. Feigned flat-tery
53. Midpoints [abbr.]
54. Use _ _ cloth... (Cleaning instruction)
55. " _ la Douce" (1963)
56. Ms. Mazar
58. Sailors service
59. Fruity drinks
61. Fashionable monogram

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
No matter how ambitious and active you may be there are only 24 hours in a day and if you want to do more in one direction in the future you will have to do less in another.

Taurus April 21 - May 21
This is a good time to make plans — and promise yourself that this time you will succeed. If you know what you want and believe in yourself there is precious little you cannot accomplish.

Gemini May 22 - June 21
Do something positive. Cosmic activity will raise your spirits and make you believe that anything is possible. But while the planets may set the scene, it's up to you to play the part.

Cancer June 22 - July 23
You will find it easy to make the kind of difficult decisions that most people prefer to avoid. But you possess not just the ability to identify a problem but also the strength to do something about it.

Leo July 24 - Aug. 23
Take other people's opinions into account. If you make a genuine effort to cooperate, rather than to compete as you usually do, there is no telling how far you can go.

Virgo Aug. 24 - Sept. 23
You have to be sensible about what you do and how you do it. Focus on the two or three things that mean the most to you and put everything else on hold for a while.

Libra Sept. 24 - Oct. 23
The Sun moves into the most dynamic area of your chart tomorrow. You'll accomplish more if you have a clear goal. Aim to do what others say cannot be done.

Scorpio Oct. 24 - Nov. 22
The longer you leave what has to be done the harder it will be to summon up the energy to get started. Also, pay attention to what partners and loved ones try to tell you today. Don't be too proud to act on their advice.

Sagittarius Nov. 23 - Dec. 21
Your luck will take a turn for the better, not least because your attitude is becoming more positive. If you enjoy meeting new people you will be in your element.

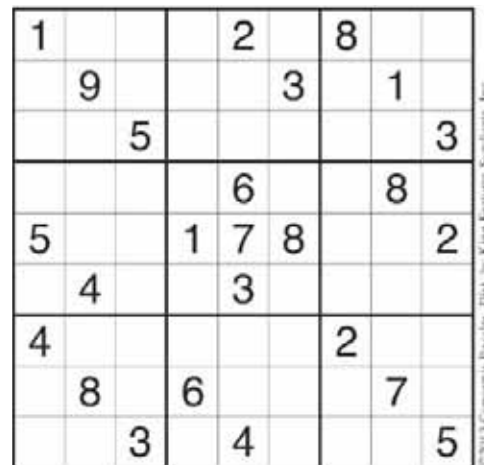
Capricorn Dec. 22 - Jan. 20
Over the past few weeks you've had a lot of ideas and started many new projects, but if you want to be successful you must focus your energies in a single direction.

Aquarius Jan. 21 - Feb. 19
The next few days mark not just the start of a new solar year for you but also the beginning of a major new phase. Forget everything that has gone before. The only thing that matters is what comes next.

Pisces Feb. 20 - March 20
If there is something you need to finish then get it done today, because when the Sun changes signs tomorrow your mind will be onto other things.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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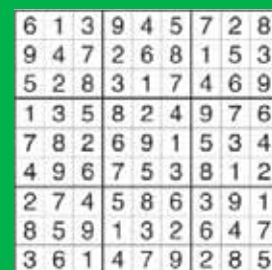
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Raj Sharma
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